

Course Title: Connect for Wellbeing - Mr Grundy's Group

Description of the course:

This is a weekly group in a local facility and open to people who have a named professional from the neighbourhood team. It provides a springboard and introduction to new activities to enable you to move on to independent social events. The group likes to meet up before the main activity for a drink or something to eat (no pressure!) and tea and coffee is provided. The group work together to decide and organise activities and events. Types of events include – pub quiz, visits to theatre, art sessions, outside speakers, board games café, visit from Pets as Therapy Dog, stall at the Summer Fair

Dates & times:

Wednesday evenings 5pm - 7 pm

Venue:

Mr Grundy's Public House
Ashbourne Road
Derby

Benefits of attending the group:

- Meet other people, make new friends and help build your confidence in joining new social activities
- Feel a sense of belonging
- Discover what is going on in Derby

Available to:

People in the Derby City Neighbourhood Team

How to book a place:

Referral is made through CPN/Occupational Therapist/Psychiatrist

To be included in which section :

Staying Well



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